

Sponsored by the Northfield COA and the Executive Office of Elder Affairs



*Happy New Year! Wishing you  
a memorable 2016  
Heather, Jeanette, Amy, and  
the COA Board*

### *This is Your Town*



This year we will focus on the history of Northfield. The program will run from January to June, and September to October

Joe Graveline joins us on January 22 as we continue our Friday Breakfast. He will discuss the Native Americans in Northfield up to 1723, when the town was incorporated. Joe will share his extensive knowledge of the Native Americans in this area using artifacts and research to bring this alive for us.

Join us at 9 am for breakfast. The presentation will follow.

Please call 498-2186 to sign up. There is a suggested donation of \$2.50 for breakfast.

**First Friday Films** presents "The Theory of Everything", This is the story about Stephen Hawking, the renowned physicist. Together with his wife, they defy all odds. This month, the movie will be January 8 at 12:30, as New Year's is January 1.



### **Third Thursday Movie**

Join us for "Rashomon; the story is set in 11<sup>th</sup> century Japan. Three men take refuge under a bridge and discuss a brutal rape: a priest, a channeled ghost of the husband of the rape victim and a bandit. Each relates the story from their own perspective. Finally, a woodcutter who says he was a witness tells his version: very different from the others... Join us January 21 from 7-10 at the Library for this viewing and a lively discussion with David Rowland.



### **65 & over TAX TIME-Coming in February**

**Save the following documents:**

- \*Proof of all income to include Social Security, pensions, interest and dividend statements, IRA's,
- \*property tax bills for year(s) prior,
- \*water and sewer bills paid in prior year, \*any property tax abatements and
- \*the statement of health insurance sent by your insurer.

**Liberty Tax** will be here by appointment, Wednesday Feb. 17 and 24 from 12:30-3:30, and Friday Feb 19 and 26 from 9:30-12. They can accommodate 6 people each time. They will do Fed, State and Circuit Breaker forms and E-file. More complicated return (schedule A, stocks, bonds), for those 65 and over, will be done at their office, ranging in price from \$50- \$175. Please call to sign up: 498-2186

### **January Programs**

**Jenny Wooster from Picadilly Farm will be here on Jan. 14 at 11:00! Come learn what their CSA can offer you for fresh vegetables. We will learn about sharing Shares, delivery information and lots more! Call 498-2186**



**Matt McDonough will be here Jan.28 at 11:00 to talk about 3<sup>rd</sup> party energy companies: who's a real co., what does it mean to use a 3<sup>rd</sup> party and what are the costs.**



**Joanne McGee will be here January 21 at 11:00 am to share her trip to Costa Rica and visit to the Sloth Sanctuary. Come see someplace warm and learn about a different culture.**



# Programs / Services

## ***Good Neighbor Watch...***

With colder temperatures and tighter budgets there are many seniors living next to you that might benefit from a friendly neighbor visit. The community needs to be watchful that homebound seniors that live alone are not isolated in their homes without proper nutrition or an emergency contact that lives in the vicinity. If a senior lives close by check on them regularly. Make sure they have your phone number as an emergency contact posted where they can easily find it and that you have the number of their closest relative in case of emergency.



If you are in doubt of their safety call the Northfield police and request a home check visit. For non-emergency resources for seniors or to report elder abuse you may call the Northfield Council on Aging at 498-2901 x14 or Franklin County Homecare at 773-5555.

## **Be Prepared**

*With cold weather coming, it's time to make sure your 'Go Pack' is ready. Stop by the Center to pick up a list of what to include: food, medicine, flashlight, radio, documents etc.*



Our SHINE rep will be here on the 4<sup>th</sup> Tues of each the month to assist with new Medicare sign-ups, switching plans, spousal retirement, prescription advantage and general questions. Call 498-2186 to sign up.



## **Contacting Center Staff & services**

Heather Tower, Director 498-2901 x14  
Jeanette Tessier, Outreach, 498-2186  
Amy Hall, Meal site mngr. 498-2186  
FCHCC- Homecare, SHINE, Meals on Wheels 773-5555  
Transportation- Betty Stafursky, 413-834-4084



## **Senior Center Cancellation Policy**

Listen to 98.3 WHAI, 1520 WIZZ or Channel 6 News.

If Franklin County Home Care cancels its meal sites- there will be no congregate meal; programs may be open.

If school is cancelled the senior center and all its programs are cancelled.

If school has a 2 hour delay we will have lunch and afternoon programming only.



## ***Exercise***

**Osteo Strength Training with Mary Lyle:** seated exercises to increase bone and muscle. Wed.'s at 11:00



**Yoga with Libby Volkening:** gentle yoga in a chair for all levels. Sponsored by FCHCC and EOEA; Thursdays at 9:30 am  
Donations gratefully accepted.



**PVRS Strength Training:** join Abby to increase your strength and have a good laugh: Mon, Wed and Fri 7-8 pm until mid-February due to the wrestling team.



## ***Health***

**Blood Pressure Clinic:** January 5 and 19 at 9:00.



**Foot Clinic:** January 5 and 19 at 9:00. Please make an appointment and bring a towel.



**Caregiver's Support Group:** January 8 (2<sup>nd</sup> Friday of the month) with Heather.



















## **Council on Aging Board**

Gwen Trelle-Chair  
Genevieve Clark-Vice Chair  
Leona Labor- Secretary  
Irene Jurkowski-Treasurer  
Gail Bedard, Ted Thornton, Rhoda Yucavich, Suzanne McGowan



**Interested in helping ensure our seniors have programs and information they need? Join the board! Call 498-2186 for more information.**

# January Menu 2015

Monday	Tuesday	Wednesday	Thursday	Fridays
<p>4</p> <p>Roast Turkey with Gravy Mashed Potatoes Green Peas Multigrain Bread Applesauce</p> <p>High Sodium </p>	<p>5</p> <p>Escarole Soup BBQ Pork Hamburg Roll O'Brien Potatoes Mandarin Oranges</p> 	<p>6</p> <p>Chicken Teriyaki Brown Rice Broccoli Whole Wheat Bread Ginger Cookie Diet: Lemon Graham</p> 	<p>7</p> <p>Spaghetti with Meatballs and Tomato Basil Sauce Tossed Salad Italian Bread Fresh Fruit </p> <p><b>Alternate meal:</b> Chicken Breast w/red pepper pesto, Macaroni Salad, Peaches</p>	<p>8</p> <p>Broccoli Cheese Bake Home Fries Stewed Tomatoes Whole Wheat Bread Mixed Fruit</p> 
<p>11</p> <p>Grilled Chicken Breast With Piccata Sauce Couscous w/Red Pepper Brussels Sprouts Multigrain Bread Strawberry Yogurt</p> 	<p>12</p> <p>Cream of Broccoli Soup Rainbow Trout with Lemon Vinaigrette Parsley Red Bliss Potatoes Whole Wheat Bread Fresh Fruit</p>	<p>13</p> <p>Penne with Beef Bolognese Tossed Salad Italian Bread Pear Crisp Diet: Pears </p>	<p>14</p> <p>White Bean Kale Soup Chicken Cordon Bleu with Supreme Sauce Long Grain Brown Rice Whole Wheat Dinner Roll Blueberry Yogurt High Sodium</p> <p><b>Alternate meal:</b> Tortellini Salad, Beet Salad, Pears</p>	<p>15</p> <p>Chicken Ala King Tri Color Rotini Beets Biscuit Pineapple Chunks</p> 
<p>18</p> <p>Martin Luther King Holiday</p> 	<p>19</p> <p>Meatballs with Hawaiian Sauce Brown Rice Pilaf California Vegetable Blend Multigrain Bread Apple Cinnamon Muffin Diet: Apple Grahams</p>	<p>20</p> <p>Turkey Corn Stew Green Beans Garlic Bread Stick Mandarin Oranges</p> 	<p>21</p> <p>Grilled Chicken Breast with Marsala Sauce Buttered Noodles Tossed Salad Italian Bread Fresh Fruit </p> <p><b>Alternate meal:</b> Turkey Salad w/Cranberry, Italian Potato Salad, Pineapple Chunks</p>	<p>22</p> <p>Vegetable Barley Soup Roast Pork with Cranberry Orange Glaze Mashed Sweet Potatoes Whole Wheat Dinner Roll Almond Cookie Diet: Peaches</p>
<p>25</p> <p>Meatloaf with Onion Gravy Garlic Whipped Potatoes Mexicali Corn Whole Wheat Bread Gingerboy </p>	<p>26</p> <p>Corn Chowder Grilled Chicken Breast with BBQ Sauce Italian Green Beans Whole Wheat Bread Pineapple </p>	<p>27</p> <p>Beef Stew Broccoli Rye Bread Chocolate Pudding SF Chocolate Pudding</p> 	<p>28</p> <p>Chunky Tomato Soup Potato Crunch Pollock Mashed Potatoes with Sour Cream and Chive Multigrain Bread Applesauce</p> <p><b>Alternate meal:</b> Roast Beef, Chick Pea Cilantro Salad, Pears. </p>	<p>29</p> <p>White Bean Chicken Chili Brown Rice Tossed Salad HDM: Mixed Vegetables Cornbread Strawberry Cup Diet: Strawberry Grahams</p> 

**Congregate meals** are served Mon. Tues. Thurs. 11:30 for a suggested donation of \$2.50; \$3.00 for those under 60.

**You must call 498-2186 at least 1-2 days before 11:00am in advance to sign up for meals!!**

**Meals on Wheels:** To sign up for Meals on Wheels call FCHCC at 773-5555, to cancel a day call 773-7702 by 11am the day before.



# January 2015 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bridge-Mon, Wed at 9 am; Fri by sign up</b> <b>Hand and Foot-Mon at 12:30</b> <b>Bingo- Tues at 12:30</b> <b>Birthday Celebrations- Jan. 19.</b> 	<b>Jan 14:</b> Jenny Wooten from Picadilly  <b>Jan. 21:</b> Joanne McGee: Costa Rica <b>Jan 28:</b> Matt McDonough: 3 <sup>rd</sup> party electric cos. <b>Jan 26 :</b> Vet's Rep <b>Jan 28:</b> SHINE	<b>"This is Your Town" returns on Jan. 22 with Joe Graveline sharing the beginning or our town history with the Native Americans.</b> <b>Call to reserve your spot: 498-2186</b>		<b>1 New Year's Day</b>  <b>Senior Center Closed</b>
<b>4</b> 9:00 Bridge  <b>9:30 Orange Walmart; lunch at Herrick's Tavern</b> <b>11:30 Lunch</b>  12:30 Hand and Foot	<b>5</b>   9:00 Foot Clinic (by appt.; bring a towel) and Blood Pressure Clinic 11:00 ROMEOs  <b>11:30 Lunch</b>  12:30 Bingo	<b>6</b> 9:00 Bridge Lessons  11:00 Healthy Bones and Body 	<b>7</b> 9:30 Yoga  <b>10:30 unload Brown Bag</b> <b>11:00 Betsy Llewelyn on piano</b> <b>11:30 Lunch</b>  <b>12:15 pack bags</b> <b>12:30 Bag pickup</b>	<b>8</b> 10:00 Caregivers  12:00 Bridge  <b>12:30 First Friday Film: "The Theory of Everything"</b> 
<b>11</b> 9:00 Bridge  <b>9:30 Walmart: Hinsdale Lunch at 99</b>  <b>11:30 Lunch</b> 12:30 Hand and Foot	<b>12</b>  11am ROMEOs <b>11:30 Lunch</b>  12:30 Bingo	<b>13</b> 9:00 Bridge Lessons  11:00 Healthy Bones and Body 	<b>14</b> 9:30 Yoga  11:00 Picadilly Farm  <b>11:30 Lunch</b> 	<b>15</b> 9:00 COA Meeting  12:00 Bridge  <b>12:30 Market Basket</b> 
<b>18 Martin Luther King, Jr. Day</b>  <b>Center is Closed</b>	<b>19</b>   9:00 Foot Clinic ( by appt.; bring a towel) and Blood Pressure Clinic 11am ROMEOs  <b>11:30 Lunch &amp; Birthdays</b>  12:30 Bingo	<b>20</b> 9:00 Bridge Lessons  11:00 Healthy Bones and Body 	<b>21</b> 9:30 Yoga   11:00 Joanne McGee "Costa Rica" <b>11:30 Lunch</b>  1:30 Generations of Fun  7:00pm Third Thursday Movie "Roshomon"	<b>22</b> 9:00 "This is Your Town"- Joe Graveline  12:00 Bridge  <b>12:30 Lunch Bunch; Rustic Table</b> 
<b>25</b> 9:00 Bridge  <b>11:30 Lunch</b>  12:30 Hand and Foot 	<b>26</b> 9-11 Vet's Rep  11:00 ROMEOs <b>11:30 Lunch</b>  <b>12:00 Senior Meeting</b> 12:30 Bingo	<b>27</b> 9:00 Bridge Lessons  11:00 Healthy Bones and Body  12:00 Pot Luck 	<b>28</b> 9:30 Yoga  <b>11:00 Matt McDonough-3<sup>rd</sup> party Energy Companies</b>  <b>11:30 Lunch</b>  <b>12:30 Dennis SHINE; by appt</b> 	<b>29</b> 12:00 Bridge  